

Positive Alternatives 2014 - 15 Quarterly Update

Grantee: CHOICES PREGNANCY CENTER

Goal: To provide support encouraging women of Redwood Co. and surround area to carry pregnancies to term, and to care for their babies after birth

For the period:

| Activity or Service | Activity or Service Description Major Work Plan Activities | Work Plan Count | Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity. | Report Count |
|--|--|------------------------|---|---------------------|
| Administrative Activities | Provide guidance to grant staff; complete grant forms and requirements; attend required grant meetings; hire and train grant staff | | Continued bi-weekly sessions with staff on specific training topics related to client services. Practicing and beginning to implement Coach Approach in client contact. Began planning for the future needs of the program. | |
| Outreach | Offer on-site parenting, pregnancy and life-skills education lessons to pregnant or parenting students in 3 area high schools | | No opportunities to offer EWYL at the schools this quarter. Outreach continues through the educational blog and social media posts that encourage learning and healthy life choices. We continue to see growth in this area as more people are reached. | |
| Crib Distribution/ Sleep Safety Education | Provide Safe Sleep education and opportunity to earn Pack n Play or Crib | 1 - 2 | 3 lessons were given regarding safe sleep, including "Reducing the Risk of SIDS" DVD lesson and 2 clients who received the initial introductory packet which includes safe sleep information and worksheet | 3 |
| Life-Skills Education Program | Provide individual lessons on relevant life skills in an incentive program | 1 - 2 | Life coaching sessions and lessons on Relationships, family, and Education/job/training were given this quarter | 12 |
| Nutrition | Provide individual lessons on good nutrition during pregnancy and for breastfeeding and infancy | 3 - 6 | 4 lessons emphasized good nutrition for pregnant moms and baby, including Eating for Two, Baby's first Spoonful, and Why Breastfeed? | 4 |

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| Parenting Education | Provide individual sessions on relevant parenting topics in an incentive program | 30 | Lessons included many topics like: Childhood Immunizations, Age Appropriate Play, Age-Related Milestones, and Your Baby Can Sleep | 28 |
| Pregnancy Education | Provide individual sessions on relevant pregnancy and childbirth topics in an incentive program | 15 | Lessons included a variety of topics like information on each trimester, Labor preparation, and Managing Labor | 18 |
| Provide Necessary Services Assessments Only | Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services | 1 | All clients chose to sign up for Earn While You Learn in addition to the referral services they received. | 0 |
| Transportation | Provide transportation vouchers or gas cards to help clients attend individual classes at the pregnancy center | 2 - 3 | One client needed assistant with transportation to and from her education appointments. | 1 |

| Maternal and Child Health Initiative Task Force Strategies | No. |
|--|------------|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity</i> | 0 |
| <i>Number of women who received car seat safety education only from a PA funded program activity</i> | 1 |
| <i>Number of women who received child abuse prevention education from a PA funded program activity</i> | 0 |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i> | 1 |

| Maternal and Child Health Initiative Task Force Strategies | No. |
|---|------------|
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | 0 |
| <i>Number of women who received sleep safety education only from a PA funded program activity</i> | 2 |

Challenges: Parenting education numbers were slightly lower this quarter, perhaps due to holidays and some life changes for regular clients.

Comments: